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Tuesday

THE FAME GAME

Stephen Strasburg must learn how to deal with the spotlight 13

ALL THE RAGE

U.K. officials hurry to quell unrest as riots spread from London 6

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MARIO TAMA/GETTY IMAGES

MARKET MELTDOWN

FROM BAD TO WORSE

The Dow hits its lowest mark since 2008 as fears in the U.S. and abroad spook wary investors 10

A trader works on the floor of the New York Stock Exchange on Monday — the first trading day since S&P downgraded the U.S. credit rating. The Dow fell 634 points.

eo

eye openers

FINDERS KEEPERS

'Brake for Snakes' Unpopular

Lino Silvawas driving near a park in Sedro-Woolley, Wash., when he spied a dead, 16-foot-long python, which apparently had been run over by a car. He and his friend Nick Pfeifer hauled the roadkill snake to a relative's house, where they skinned it. Pfeifer says he learned how to skin a python by watching the Discovery Channel. He plans to call a taxidermist so he can preserve the skin and use it to make a jacket or a vest. (AP)

BEER NECESSITIES

Merely Stealing Was Thought Not Creative or Gross Enough

Security guards watching over the liquor department at the Wal-Mart in Rapid City, S.D., have been busy in the last month. Last week, police arrested a man for allegedly urinating on 48 six-packs of malt liquor, after security caught the man in action. Last month, a 57-year-old Rapid City man was busted by security after he opened a can of beer in the store and drank it. (AP)

PRIVATE BEHAVIOR

Isn't 'Shaving While Nude' Enshrined in the Constitution?

A Massachusetts man is facing lewd charges after lifeguards say he refuses to stop shaving himself while nude on a beach. The Eagle Tribune reports that Christopher Axford was arrested Monday on a beach in Salisbury. He was shaving his armpits while his shorts were pulled down to his shins when police arrived. (AP)

The Big Picture

NATALIA KOLESNIKOVA/AFP/GETTY IMAGES

'IT'S COMING RIGHT FOR US!' Russian competitors take part in the Red Bull Flugtag event on the Moscow River in Moscow on Sunday. Thirty-eight teams participated in the flugtag — or "flying day" — a competition in which people in fancy dress attempt to pilot human-powered, homemade flying machines. (GETTY)

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Nation

S&P Decision Comes Under Fire

Some economists, lawmakers question agency's downgrade

Washington

The S&P downgrade was more of a statement on the toxic political landscape in Washington than a comment on the nation's ability to pay its bills. But S&P has its own checkered history. Just a few years ago, the company gave its top triple-A rating to some of the mortgage-backed securities that helped cause the Great Recession.

Could it be wrong again?

New York-based Standard and Poor's was upfront about its focus on the political angle, citing the long standoff between President Obama and Congress as a key factor in its unprecedented downgrade of the government's credit rating.

> **"I find it interesting to see S&P so vigilant now. Where were they four years ago?"**
>
> —**SEN. BERNIE SANDERS, I-VT.,** REMARKING ON THE CREDIT AGENCY'S ACTION TOWARD MORTGAGE-BACKED SECURITIES THAT HELPED CAUSE THE GREAT RECESSION.

"We think the debacle over raising the debt ceiling is one illustration of that," John Chambers, head of S&P's debt rating committee, said on Monday. He said that the political gridlock and S&P's analysis of a rising U.S. debt burden in coming years prompted the downgrade.

Yet the credit-rating industry itself has been harshly criticized since the financial crisis of 2008-09, and S&P's downgrade seems certain to increase congressional scrutiny. Some lawmakers and economists have questioned whether the ratings agencies have the competence to evaluate the country's finances, based on their own performance prior to the 2008-09 financial crisis.

Stephen Hess, a former presidential adviser and a senior fellow emeritus in governance studies at the Brookings Institution, said S&P's political discourse caught him by surprise.

But Nigel Gault, chief U.S. economist with HIS Global Insight, based in Lexington, Mass., said he saw no problem with rating agencies delving into political matters: "You're not looking at pure economics here because fiscal policy decisions are political decisions."

TOM RAUM (AP)

Obama to Offer No Child Left Behind Waivers

Washington

The Obama administration revealed plans Monday to give school districts a break from the stringent testing mandates in the No Child Left Behind Law, as long as they pursue other reform efforts.

Education Secretary Arne Duncan said he will grant the waivers because Congress has failed to act on a long-overdue rewrite of the widely criticized law. "We can't have a law of the land that has so many perverse incentives," Duncan said.

Duncan

The goal of the No Child Left Behind law is to have every student proficient in math and reading by 2014. **(AP)**

Crucial Week For GOP Takes Off

Sioux Center, Iowa

As a critical week begins in the Republican presidential contest, the broadening perception in Iowa is that enthusiasm for Tim Pawlenty's campaign has sagged recently, imperiling his candidacy, while Michele Bachmann's has soared to frontrunner status. There are growing doubts as well about the Pawlenty campaign's organizational efforts, once regarded as his candidacy's chief strength.

But two upcoming events offer Pawlenty the chance to rebound dramatically against Bachmann, to shore up enthusiasm and show off his vaunted organization.

First, on Thursday night, the two opponents will take part in a high-stakes debate with national frontrunner Mitt Romney, former Pennsylvania senator Rick Santorum, Texas congressman Ron Paul, businessman Herman Cain, and former Utah Governor Jon Huntsman.

CHARLIE NEIBERGALL/AP

Michele Bachmann steps off her campaign bus Monday in Atlantic, Iowa.

Two days later comes the Ames straw poll, an early contest that gauges enthusiasm and serves as a test for a campaign's organizational skills. Anything less than a second place finish for Pawlenty may have a dire effect on his ability to woo contributors for a campaign already having difficulty securing big-ticket donors. And while some of Pawlenty's backers believe he can still win here, others do not rule out the possibility that he could sink behind Paul or Santorum. **(THE WASHINGTON POST)**

Beat the Heat (Record): Sweltering may have reached a new record last month, as Oklahoma racked up the country's highest monthly average temperature ever. According to automated weather recording instruments, the state's average for July was 89.1 degrees. That tops an average of 88.1 set in July 1954. The National Oceanic and Atmospheric Administration on Monday reported that last month was the fourth hottest July on record for the U.S. **(AP)**

In Brief

SAN ANGELO, TEXAS

Polygamist Leader Heard On Sex Training Tape

Convicted polygamist leader Warren Jeffs was heard Monday giving his five child brides instructions on how to please him sexually during a graphic 10-minute tape played for a Texas jury. An FBI agent testified that the 2004 audiotape preceded Jeffs' having sex with the girls, who were 15 and younger. **(AP)**

OBITUARY

Bernadine Healy, Former Head of Red Cross, Dies

Healy

Dr. Bernadine Healy, the first woman to direct the National Institutes of Health and the leader of the American Red Cross during the Sept. 11 terror attacks, died at her home in Cleveland on Saturday. She was 67. The cause of death was not released. **(AP)**

NEW YORK

Maid Sues Strauss-Kahn Over Hotel Encounter

Hotel maid Nafissatou Diallo, who accused ex-International Monetary Fund boss Dominique Strauss-Kahn of sexual assault, sued him Monday, seeking unspecified damages as a result of what she calls the "violent and sadistic" attack in a room at the upscale Sofitel hotel. **(AP)**

LOS ANGELES

Surviving NASA Rover Nears Martian Crater

Months after the death of the Mars rover Spirit, its surviving twin is poised to reach the rim of a vast crater to begin a fresh round of exploration. At its current pace and barring any hiccups, Opportunity should roll up to a Martian crater's edge on Tuesday. **(AP)**

Correction

Incorrect box office results ran in Monday's paper. The weekend's top movie was "Rise of the Planet of the Apes," which made $54 million.

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Nation

DNA Found in Meteorites

New report reveals the stuff of life may form freely in space

Washington

For 50 years, scientists have debated whether the components of DNA — the molecule central to all life on Earth — could spontaneously form in space. A new analysis of a dozen meteorites found in Antarctica and elsewhere presents the strongest evidence yet that the answer is yes.

Meteorites are space rocks that have fallen to the ground, and the new report bolsters the notion that heavy meteorite bombardment of the early Earth may have seeded the planet with the stuff of life.

"[M]eteorites may have served as a molecular kit providing essential ingredients for the origin of life on Earth and possibly elsewhere," write the authors of the report out Monday in the Proceedings of the National Academy of Sciences.

While life has not been found beyond Earth, all earthly plants and animals rely on DNA to store genetic information. At the center of the ladder-like DNA molecule lie ring-like structures called nucleobases. It's these tiny rings that scientists at NASA and the Carnegie Institution for Science in Washington found in 11 of 12 meteorites they scrutinized.

Since the 1960s, other scientists have reported nucleobases in meteorites, but concerns about contamination always hung over those findings The detection of the exotic nucleobases, and their absence from surrounding material, helped rule out contamination in this study, said Michael Callahan, the NASA scientist who analyzed the space rocks.

Max Bernstein, a NASA scientist who was not involved in the study, said that it's impossible to discern whether the first life on Earth was built on chemicals that fell from the sky, but that possibility is now stronger: "It's possible that the presence of these molecules in meteorites made us what we are today." (THE WASHINGTON POST)

Out of This World

Two of the meteorites out of the 12 that were analyzed contained a trove of nucleobases, including those also found in DNA. But these meteorites also held an extraterrestrial secret: related but exotic nucleobases never seen before, said Michael Callahan, the NASA scientist who analyzed the space rocks. (AP)

81.88 **The weight, in pounds,** of a striped bass caught in Long Island Sound by Connecticut man Greg Myerson, who hopes the fish will qualify for an International Game Fish Association record. The current record is 78. (AP)

Women: Is Your Drinking Causing Problems?
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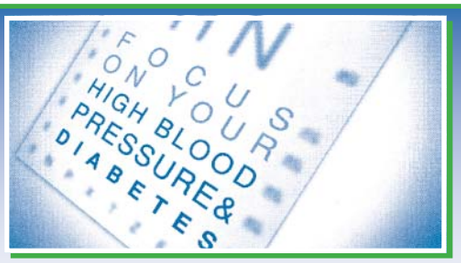

High blood pressure affects almost one billion people throughout the world; nearly 20% of them also have type II diabetes. The combination of these two diseases can lead to more serious conditions such as a heart attack or stroke.

Local physicians are currently conducting a research study with a combination of investigational medications to see if they lower blood pressure.

You may qualify to participate if you have or think you may have high blood pressure and diabetes. If qualified, participants will continue their current diabetes medication throughout the study. All study related care and study medication will be provided at no cost.

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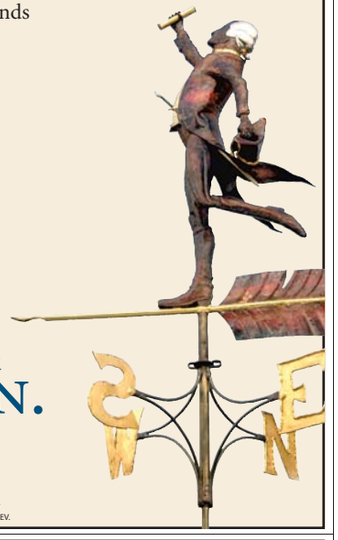

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World

U.K. Struggles to Contain Unrest

Youth riots ripple from London after fatal police shooting

London

Violence and looting spread to new areas of London and to a second major British city on Monday as police and politicians struggled to stem the disorder during a third day of rioting in the capital, which will host next summer's Olympic Games.

The worst unrest in London in decades saw buildings and cars set ablaze as groups of youths and police clashed in neighborhoods across the capital.

In the nation's central city of Birmingham, dozens of people attacked stores in a main retail district, spreading the chaos beyond London for the first time since violence broke out.

The unrest began late Saturday in London's northern Tottenham district, when a peaceful protest over a fatal police shooting turned violent, leaving parts of the street charred and its shops looted. But some have blamed the unrest on unemployment, insensitive policing and frustration across Britain over austerity measures.

The rioting followed the death of Mark Duggan, a 29-year-old father of four, who was gunned down in disputed circumstances Thursday in Tottenham. Police issued an apology Monday over their handling of aspects of Duggan's death.

Many residents claimed that the looting was the work of greedy youths, aided by social media.

"It's nothing to do with the man who was shot, is it?" said 37-year-old Marcia Simmons, a resident of the gritty north London neighborhood. "A lot of youths ... heard there was a protest and joined in."

Officials said Monday that 215 people had been arrested and 27 charged so far, including an 11-year-old boy accused of burglary. **(AP)**

AKIRA SUEMORI/AP

Backstory

This past year, Britain has seen mass protests against the tripling of student tuition fees and pension cuts. In November, December and March, marches in London led to looting, and rioters attacked a car carrying Prince Charles and his wife, Camilla. But many locals dismissed socioeconomic reasons for the recent riots, which have destroyed buildings and led to looting across London, including in Enfield, shown Monday. The unrest was an unwelcome reminder for officials of London's volatility ahead of the 2012 Olympics. Still, the International Olympic Committee said it had confidence in British authorities. **(AP)**

Meanwhile ...

The growing unrest caught British politicians by surprise. Home Secretary Theresa May, the Cabinet minister responsible for policing, and London's Mayor Boris Johnson cut short vacations to deal with the crisis. Prime Minister David Cameron's office said he would also cut short his summer vacation and convene a meeting on Tuesday to lead the response to the violence. **(AP)**

In Brief

BEIRUT

Assad Replaces Minister

President Bashar Assad replaced his defense minister Monday in the midst of a crackdown on a five-month-old uprising, Syria's state-run news agency said. Gen. Ali Habib was removed from his post due to health problems, SANA said, but some analysts said the general was unhappy with the crackdown. **(AP)**

BANGKOK

Thailand Swears In Its First Female PM

Yingluck Shinawatra, the sister of former prime minister Thaksin Shinawatra, became on Monday Thailand's first female prime minister. Her brother was ousted in a 2006 coup. **(AP)**

83%

The decline in migrants leaving Mexico from March 2010 to March 2011, compared with the peak of immigration in 2006, Mexico's government said Monday. (AP)

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World

INNOVATION

Baguette-o-matic

A baker from northeast France has rolled out a 24-hour automated baguette dispenser to help patrons get warm bread in the evening, or on a holiday, or even in August, when many of the country's 33,000 bakeries are closed. The vending machines take partially precooked loaves, bake them and deliver them steaming to customers for about $1.40. Jean-Louis Hecht, the machines' inventor, called his effort the "bakery of tomorrow." (AP)

NATO Goals Undeterred by Chopper Crash

U.S.: Deadliest loss in Afghan war is no sign of Taliban gains

Kabul, Afghanistan

The deaths of 30 U.S. troops and eight Afghans to an insurgent marksman was an unprecedented loss but does not signal a new surge in Taliban combat strength, U.S. officials said Monday, even as violence flares along Afghanistan's eastern border.

The Chinook helicopter was transporting the troops on a mission targeting a Taliban leader Saturday in Wardak province when it crashed, NATO said in a statement.

It was the deadliest single loss for U.S. forces in the decade-long war and highlights the risks confronting the U.S-led coalition as it looks to rely more on special operations forces while reducing the overall number of troops in Afghanistan by the end of 2014.

Still, Pentagon spokesman Col. Dave Lapan said Monday that Saturday's crash should be seen as a single combat incident and not a watershed moment in the war.

"It was a tragic day. It was a tragic loss," German Brig. Gen. Carsten Jacobson, a coalition spokesman, said Monday. "The campaign is going to continue."

Afghanistan has more U.S. special operations troops, about 10,000, than any other theater of war. The forces are among the most effective weapons in the coalition's arsenal.

SEALs, Rangers and other special operations troops are expected to remain in the country after 2014 for counterterror missions and advisory support. How many will remain has not been negotiated with the Afghan government. (AP)

Grim Loss in Afghanistan

The Taliban claim they shot down a Chinook helicopter with a rocket-propelled grenade on Saturday in eastern Afghanistan, killing 30 U.S. troops and 8 Afghans, but the official cause of the crash has not yet been determined. The Americans included 22 SEALs, three Air Force members, and a dog handler and his dog, U.S. officials said. All but two of the SEALs were from SEAL Team 6, the unit that killed Osama bin Laden in Pakistan last May, officials said, though none of them took part in the bin Laden mission. The remains of the 30 Americans will be brought to Dover Air Force Base in Delaware on Tuesday. (AP)

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Overheard on Metro: TMI, Dude

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Commentary

She had two open heart surgeries and six leg operations. She likes turtles, was pregnant at 15 and has an 11-year-old daughter who lives in a group home.

All this I learned in seven stops on the Metro the other day, from a complete stranger who was a loud and compulsive oversharer.

This is the age of TMI, with Facebook and Twitter making sure we know exactly what the kid who sat next to us in ninth grade U.S. history 20 years ago is cooking for dinner, when she is doing laundry and which Clairol color she switched to.

They are cunning in the bait they set to hook you into their world — a smile, a quick comment while you wait for the train.

"That escalator is broken again," the oversharer will say, looking at you for your response. You bite. "Yeah, those escalators, haha," you offer. And the hook is set. You're toast.

These are the oversharers who sense our weakness, those of us who always get cornered by them. Whether we're just polite or take great care to avoid the sculpted self-importance of other Washington types, we are the suckers.

MICHAEL WILLIAMSON/TWP

On crowded cars like this, deflecting oversharers is easier said than done.

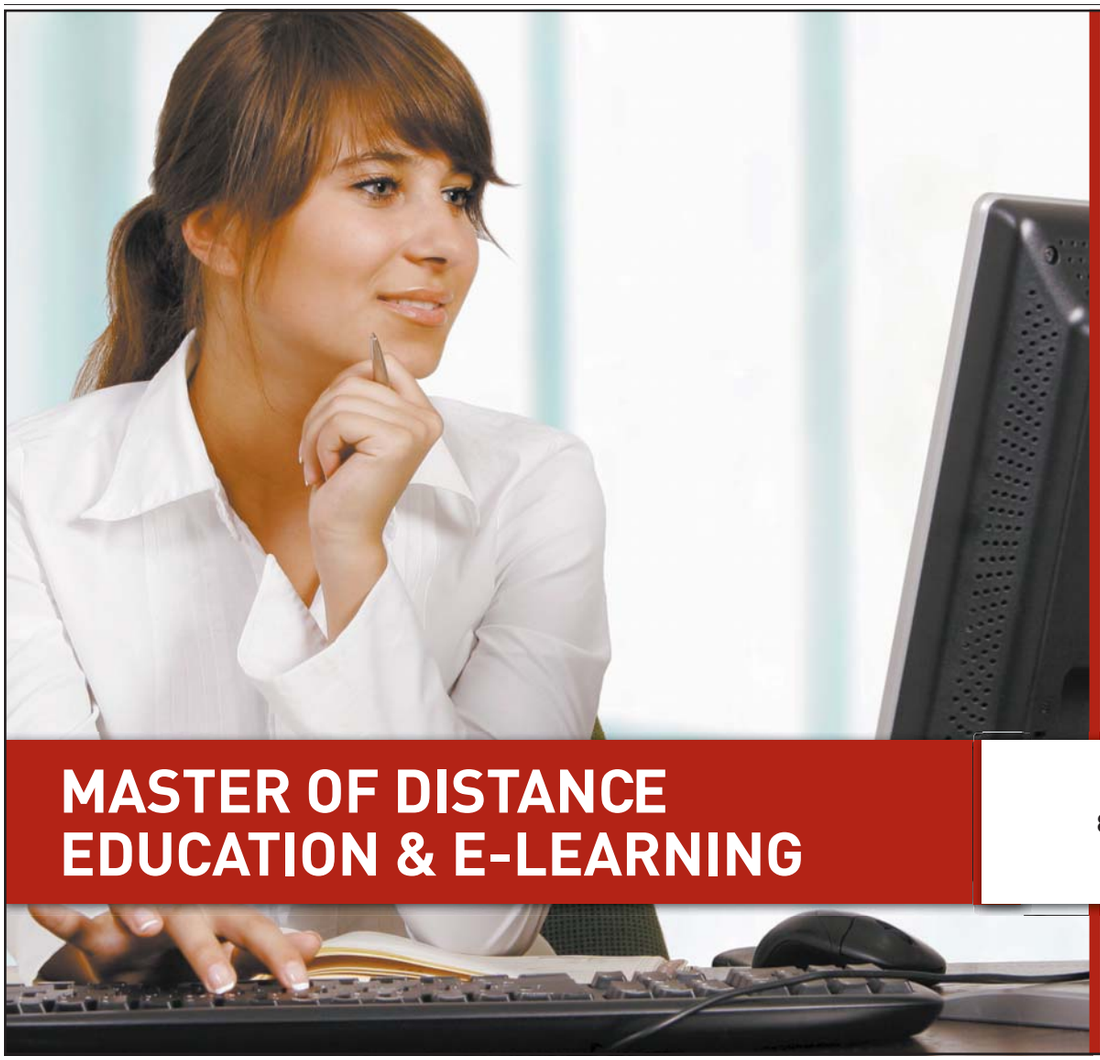
We have tools to deflect them. The white iPod earbud is the universal signal to BACK OFF. Or, depending on which line you're riding, there are Kindles, Bibles, magazines or legal briefs to thwart the oversharer.

Granted, these commuter-protection devices don't always work, particularly when we encounter what I'll call the spill-oversharers. These are folks who somehow believe the cell phone offers a cone of silence, that the physical absence of the other person in their dialogue gives them immunity in conversations they'd never have in public otherwise.

Jonna Huseman, a communications specialist for the Teamsters who lives in Silver Spring, got sucked into a spill-oversharer's vortex the other day on her way to work. Despite many open seats, a man talking loudly on his phone chose to sit right next to her.

"He was arguing with a woman; I tried desperately to ignore it, turning my music up louder and burying myself further into my book. He finally hung up, but that wasn't the end of it," Huseman realized. "As soon as he was off the phone, he just kept saying, 'That woman's got a big mouth. A big mouth and she just can't shut it.' "

Sounds like that man and his woman were a perfect match. **(THE WASHINGTON POST)**



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Local

In Brief

COURTESY WASHINGTON ADVENTIST

Washington Adventist Hospital wants to move from Takoma Park to White Oak.

TAKOMA PARK, MD.

Washington Adventist Hospital Looks to Move

Washington Adventist Hospital is asking state regulators for approval to move from its Takoma Park home to a site near White Oak. The hospital's parent company, Adventist HealthCare, went before the Maryland Health Commission on Monday to present its proposal to move. The hospital announced six years ago that it wanted to relocate from its current facilities, constructed in the 1950s. **(AP)**

WASHINGTON

Police: Body Found Near Old Post Office Pavilion

Authorities say a woman's body was found near the Old Post Office Pavilion on Pennsylvania Avenue in northwest Washington on Monday. D.C. fire department spokesman Pete Piringer says the body was found shortly after 6 a.m. The woman was apparently found on some steps. The Old Post Office Pavilion was built in 1899. Today, the building houses shops and restaurants. **(AP)**

LEXINGTON, VA.

Washington and Lee Signs Solar Energy Pact

Washington and Lee University is embarking on a solar energy project it calls the largest in Virginia. The university said Monday it has signed an agreement with Secure Futures LLC of Staunton to install solar photovoltaic arrays in two locations on its Lexington campus. The university said they will provide 450 kilowatts of power — enough to supply the total annual average demand for 44 homes in Lexington. **(AP)**

'All Hands on Deck' May Return

Controversial police initiative set for this weekend, chief says

Washington

The years-long battle over one of D.C. Police Chief Cathy L. Lanier's banner initiatives — in which she blankets the city with officers several times a year — has heated up again, with millions of city dollars and the future of the strategy potentially on the line.

A Friday ruling has ordered police to pay hundreds of officers retroactive overtime. The labor union, meanwhile, says the All Hands on Deck initiative, unpopular with some officers, has been declared dead. But the city disagrees, and Lanier plans to proceed with another deployment scheduled for this weekend.

KATHERINE FREY/TWP

Police Chief Cathy Lanier addresses recruits before a 2007 All Hands on Deck event.

The appeals ruling, by the city's Public Employee Relations Board, says at a minimum, Lanier did not have the authority to change officers' schedules to have them work weekends four times in 2009.

Lanier says the ruling, which upholds a 2009 decision, only holds her agency responsible for a blunder that temporarily took away some of her personnel authority — and which has since been fixed.

"It was an oversight," Lanier said. "It was corrected."

"What the FOP would prefer is that the Department actually follow the law and devise long-term crime-fighting strategies, rather than public relations stunts that, among other things, pull detectives and other personnel from their cases in order to write parking tickets," Kristopher Baumann, Fraternal Order of Police chairman, said in an e-mail.

D.C. Council member Phil Mendelson, D-At Large, head of the Public Safety and Judiciary Committee, said the ruling is unclear about whether Lanier would be in violation for future initiatives. He said the strategy helps reduce violence and other crimes across the city.

"The decision doesn't say All Hands on Deck is improper, just that what happened in 2009 was improper," he said. "Presumably, it's been fixed." **ALLISON KLEIN (THE WASHINGTON POST)**

D.C. Elections Board Head to Resign

Washington

Togo West Jr., chairman of the D.C. Board of Elections and Ethics, is resigning, according to city officials.

Mayor Vincent C. Gray, a Democrat, said West's departure was "his choice."

"It certainly wasn't mine," Gray said, praising West's tenure.

Gray said he has a replacement in mind but did not want to elaborate on his possible choice. West, a former secretary of the Army and of Veterans Affairs, was appointed to the board last year by then-mayor Adrian M. Fenty.

RICH LIPSKI/TWP

Togo West Jr. attends a dinner with then-Sen. Barack Obama in April 2005.

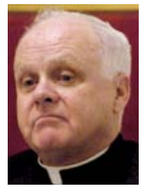
West's resignation follows the recent departure of the board's executive director, Rokey Suleman. The elections board plans to replace him with a permanent director by Labor Day. West and Suleman did not return calls seeking comment.

The departures come as the city begins to prepare for next year's local primary elections, which will be held in April.

"I'm certain that we will be ready for the election next year," Gray said. **NIKITA STEWART (THE WASHINGTON POST)**

Hearsay

"We urge you not to allow your role as the leader of our state to be used in ... the debate surrounding the definition of marriage."



— **EDWIN O'BRIEN,** ARCHBISHOP OF BALTIMORE, IN A LETTER IN LATE JULY TO MD. GOV. MARTIN O'MALLEY ON A BILL TO LEGALIZE GAY MARRIAGE.

The Lotteries

Monday, August 8

Maryland

Mid-day Pick 3	2-5-8
Evening Pick 3 (Sun.)	4-8-9
Mid-day Pick 4	7-4-2-7
Evening Pick 4 (Sun.)	3-6-5-0
Match 5 (Sun.)	3-4-12-29-39 (20)

District

Mid-day Lucky Numbers	7-2-8
Evening Lucky Numbers (Sun.)	8-4-1
Mid-day DC 4	1-3-3-6
Evening DC 4 (Sun.)	4-6-7-4
Mid-day D.C. Five	1-4-5-3-8
Evening D.C. Five (Sun.)	5-3-4-1-2

Virginia

Mid-day Pick 3	8-9-3
Evening Pick 3 (Sun.)	2-4-3
Mid-day Pick 4	6-6-2-7
Evening Pick 4 (Sun.)	1-7-2-1
Mid-day Cash 5 (Sun.)	4-5-13-14-19
Evening Cash 5 (Sun.)	3-5-6-7-23

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Cover Story

The Sum of All Fears

Concerns over economic crises in the U.S. and abroad send markets spiraling

New York

The stock market buckled Monday under the weight of a crisis in Europe and danger of recession at home. Reeling from a downgrade of American debt, the Dow Jones industrials plunged 634 points.

It was the worst day for the market since the financial crisis in the fall of 2008 and extended Wall Street's sudden, sharp decline. Stocks have lost 15 percent of their value in just two and a half weeks.

Monday was the first trading day since Standard and Poor's downgraded the United States' risk-free credit rating, and the selling started at the opening bell. The Dow dropped 250 points in minutes. For the rest of the day, investors looked for safer places for their money. With few buyers left for stocks, the market could only drift lower.

The Dow finished the day down 5.5 percent. The point decline was the worst since Dec. 1, 2008, and the sixth-steepest ever. The average ended at 10,809.85, its first close under 11,000 since November.

In a bit of irony in the wake of the S&P downgrade, investors decided U.S. debt was one of the safest places to be. They also sought refuge in gold, which set a record price.

"The S&P downgrade of U.S. government debt is the least of our problems," said economist Scott Brown at Raymond James & Associates. "The bigger worry is subpar economic growth and the threat of a new recession."

Economists at Goldman Sachs peg the chances of another recession at one in three, most likely in the next six to nine months. The threat was barely talked about earlier this summer.

"This is largely a flight to safety," said Thomas Simons, a money market economist with Jefferies & Co. "The bond market is really trading off of what's going on in the stock market."

The U.S. economy grew at a feeble 0.8 percent annual pace the first half of 2011, its slowest since the end of the Great Recession in June 2009. Manufacturing and consumer spending have slowed dramatically.

Stocks fell even though Moody's, another major credit rating agency, stood by its top rating of AAA for the United States. It said it could downgrade the U.S. if it did not cut its deficit, "but it is early to conclude that such measures will not be forthcoming."

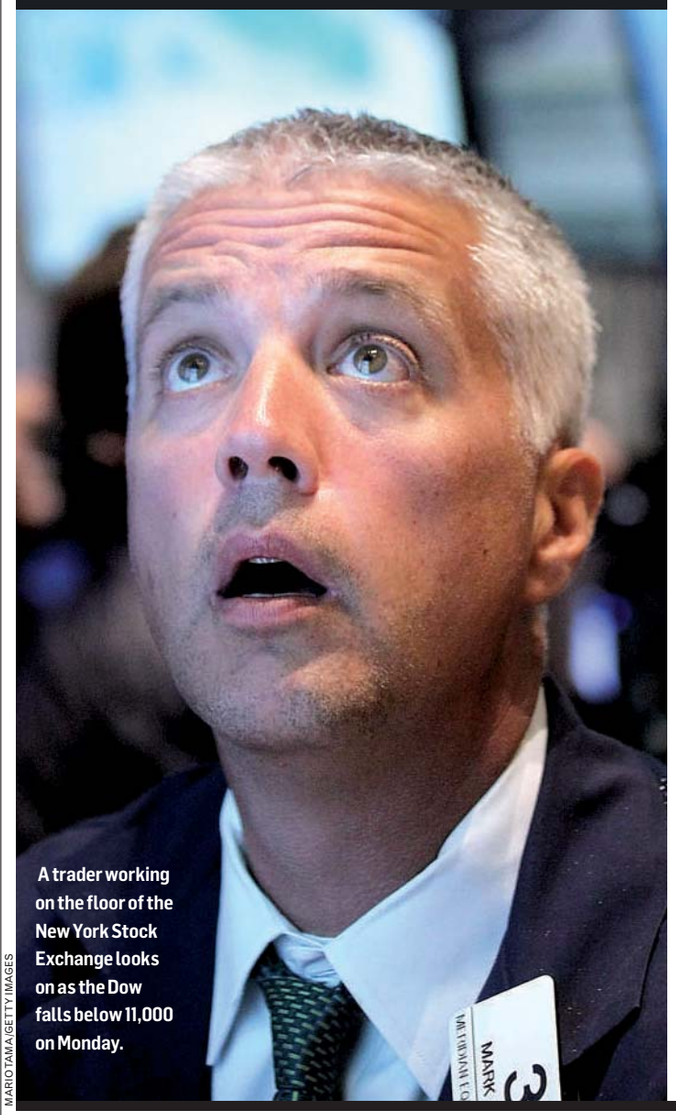
Financial markets were not comforted by an afternoon statement by President Obama, who said Washington needs more "common sense and compromise" to tame its debt.

Obama's words did little to budge investors.

Fear is spreading quickly through the market, said Dimitre Genov, senior portfolio manager with Artio Global Investors. "It's becoming a vicious cycle and could feed into consumers reducing their demand as well." (AP)

How Bad Was It?

All 30 components of the Dow plunged in value, and 99 percent of the components of the S&P average moved lower. Financial stocks, led by Bank of America, which lost 20 percent to $6.53 per share, led the selling. Investors fled into safe investments such as gold, which set a fresh high of $1,713 an ounce, rising a record of nearly $63.80. (TWP)



A trader working on the floor of the New York Stock Exchange looks on as the Dow falls below 11,000 on Monday.

MARIO TAMA/GETTY IMAGES

Fear Factor

The Vix, a measure of fear among investors, is up more than 90 percent this month. The index shows how worried investors are that the S&P 500 will drop over the next 30 days. It does that by measuring prices for stock options that investors can buy to help protect their portfolios. (AP)

Elsewhere ...

Global stocks took yet another pounding on Monday as worries over S&P's downgrading of U.S. debt outweighed relief at the European Central Bank's purchase of Italian and Spanish bonds to help the two countries avoid what would be devastating defaults.

In Europe, Britain's FTSE 100 index of leading British shares closed down 3.4 percent at 5,068.95, while France's CAC-40 slid 4.7 percent to 3,125.19. Germany's DAX tumbled 5 percent further to 5,923.27.

Greece's main stock market was the worst-performing in Europe, closing down 6 percent at 998.24 — its lowest level since January 1997. Less than an hour after the stock exchange closed, the Capital Market Commission imposed the two-month ban on short-selling, which goes into effect as of Tuesday.

Earlier in Asia, the repercussions of S&P's downgrade weighed on stock markets. Among the major markets, Japan's Nikkei 225 stock average closed down 2.2 percent 9,097.56, while Hong Kong's Hang Seng fell the same rate to 20,490.50. South Korea's Kospi ended 3.8 percent lower, as did China's main exchange in Shanghai. (AP)

"NO MATTER WHAT SOME AGENCY MAY SAY, WE'VE ALWAYS BEEN AND ALWAYS WILL BE A TRIPLE-A COUNTRY."

— **PRESIDENT OBAMA,** TAKING ISSUE WITH S&P'S DOWNGRADING OF THE U.S. TO AA+ DURING HIS PRESS CONFERENCE ON FRIDAY.

This Bud's for Them

'The future is now' for Virginia Tech assistant as he waits on a top job

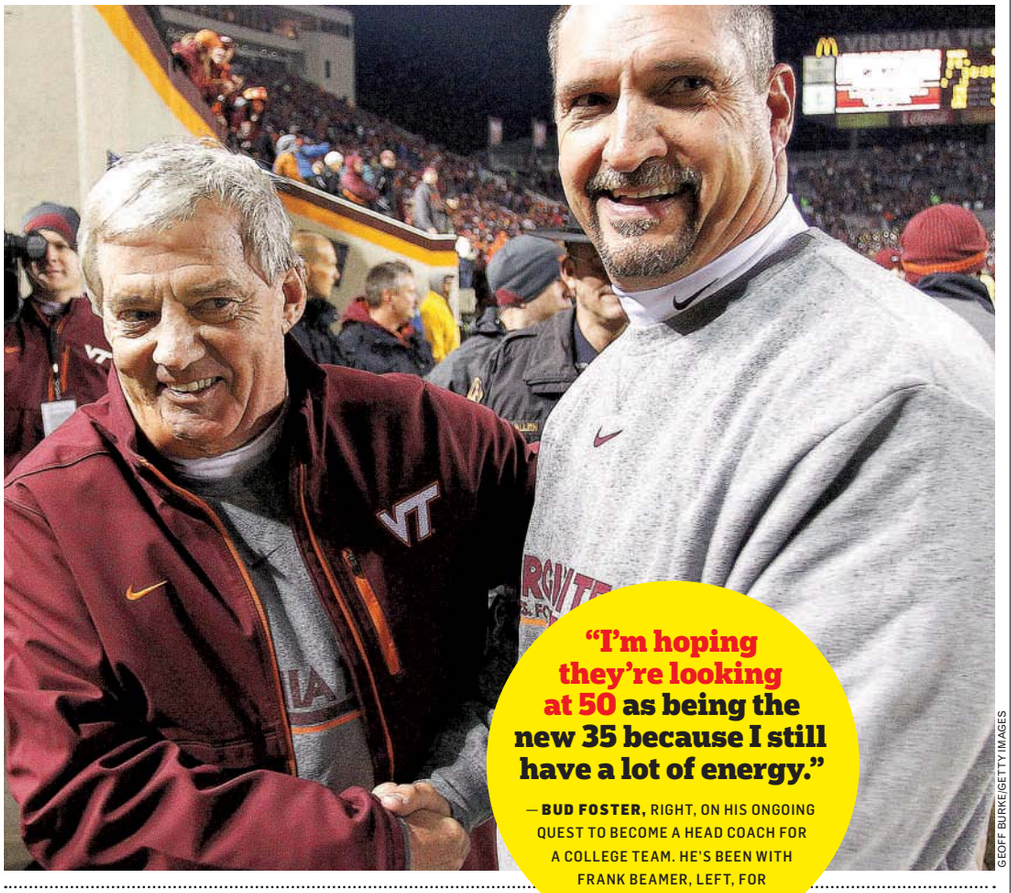
Hokies Football

There has been a good deal of reflection going on at Virginia Tech as the football program prepares to start coach Frank Beamer's 25th season at the helm. It's certainly a historic milestone, but one that many forget is shared by an assistant coach.

Defensive coordinator Bud Foster is also about to begin his 25th year in Blacksburg after coming along with Beamer from Murray State way back in 1987. Foster began his tenure at Virginia Tech as an inside linebackers coach but is now considered one of the most respected defensive minds in college football.

Recently, though, any conversation about Foster almost always involves a debate over whether the 52-year-old will ever become a head coach at a major conference school, or as he calls it "the ultimate dream." Just after last year's Orange Bowl, Foster interviewed for the Pittsburgh head coach opening, and at Virginia Tech's media day Saturday, he spoke about how his outlook on the coaching landscape has changed after a few failed pursuits of late.

"I do [want to be a head coach], but I'm also not naïve enough to know my window is closing quicker and quicker every year as I'm getting older," said Foster, who was also approached about the Vanderbilt opening a year ago and took an interview at Clemson back in 2008. "But my goal right now is just to see us get better each day and each week and let's go win an ACC championship and, hopefully, one day a national championship here," Foster added.



GEOFF BURKE/GETTY IMAGES

"I'm hoping they're looking at 50 as being the new 35 because I still have a lot of energy."

— **BUD FOSTER,** RIGHT, ON HIS ONGOING QUEST TO BECOME A HEAD COACH FOR A COLLEGE TEAM. HE'S BEEN WITH FRANK BEAMER, LEFT, FOR THE PAST 25 YEARS.

Preview

2011 Outlook

Along with returning stalwarts such as cornerback Jayron Hosley, shown, and linebacker Bruce Taylor, Bud Foster is particularly excited about his starting defensive line featuring sophomores James Gayle, Derrick Hopkins and J.R. Collins. The coach has also been complimentary of the progress whip linebacker Jeron Gouveia-Winslow has made this offseason, showing more comfort in the defensive scheme while adding 10 pounds to his frame. (TWP)

A New Year

It's unlikely at this point, or at least while Beamer is head coach, that Foster would ever leave Virginia Tech for another defensive coordinator job. On top of his base salary of more than $430,000, Foster is due a deferred compensation package of $800,000 if he's still leading the Hokies' defense in 2014.

As for this coming season, it will be entirely different than any other for Foster, if only because, for a change, his defense is coming off a fairly disappointing campaign in 2010.

After six-straight years finishing within the top-12 nationally in total defense, Virginia Tech allowed more than 155 rushing yards per game — the most ever given up by a Foster-led defense — and finished 52nd overall in total defense.

With six new starters, Foster admits "we've got a lot of growing up to do, and we've got to do it quickly."

But he's also intrigued by the fact that the starting unit will feature just one senior (safety Eddie Whitley), meaning the majority of this group can be molded into something special over the next two or three seasons.

In the meantime, though, it seems Foster is taking the same approach with his defense as he is with his own career.

There's no need to dwell on what could lie ahead when there's still quite a bit left to do in the present. "For the future, I'm excited," he said. "But for us, the future is now."

MARK GIANOTTO (THE WASHINGTON POST)

In Brief

AP

Joe Paterno, 84, injured his right arm and hip during a practice at Penn State.

COLLEGE FOOTBALL

Paterno Hospitalized After Practice Collision

Joe Paterno was hospitalized and undergoing tests on his right arm and hip after a player ran into the 84-year-old coach during practice. Paterno was admitted Sunday evening to Mount Nittany Medical Center after he walked away from the collision with a receiver who was running a route, the school said. (AP)

SOCCER

Boy, 7, Signs With Madrid

Real Madrid has signed a 7-year-old soccer prodigy from Argentina who goes by the name Leo — just like Lionel Messi. Leonel Angel Coira signed with the Spanish club and will begin training Sept. 6, Madrid spokesman Juan Tapiador told the AP on Monday. (AP)

PRO FOOTBALL

Eagles' Jackson Reports To Camp After Holdout

Philadelphia Eagles wide receiver DeSean Jackson ended his holdout and reported to training camp on Monday. A two-time Pro Bowler, Jackson wants a new contract. He is slated to earn $565,000 this season. (AP)

PRO FOOTBALL

Ravens Ink R. Williams

The Baltimore Ravens have agreed to terms with veteran running back Ricky Williams. The Ravens announced the deal on Monday, pending Williams' passing a physical Tuesday. The 34-year-old split time with Ronnie Brown last season in Miami and averaged 4.2 yards per carry. He rushed for 673 yards and scored two touchdowns. (AP)

Sports

Beck Plans to Play vs. Steelers

QB says groin injury won't keep him out of preseason opener

The Redskins

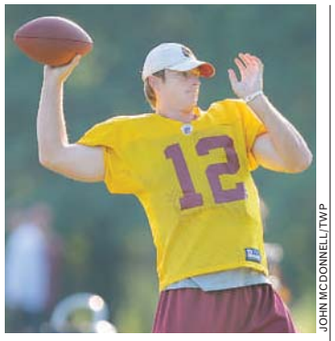
Slowed by a groin injury, quarterback John Beck said he'll be ready to play in Friday's preseason opener against the Pittsburgh Steelers.

"That's my plan," Beck said after practice Monday morning. "I plan on going. Hopefully, each day, it gets better and better, so that I can. But that's my plan."

Beck tweaked his groin in Saturday's practice. He was in pads Monday but was limited in practice, taking part in some positional drills. Rex Grossman was leading the offense through 11-on-11 drills.

"We just didn't put [Beck] in team situations, because you can't control it," Redskins coach Mike Shanahan said.

Quarterback Kellen Clemens was absent Monday, attending a funeral. So Grossman saw the majority of reps, while undrafted rookies Ben Chappell and Marc Verica offered some relief.



JOHN MCDONNELL/TWP

John Beck took part in some drills during the Redskins' practice on Monday.

While Beck plans to be ready to go Friday, coaches have not told him whether he'd be taking the field against the Steelers or how many reps he might receive. "They haven't said a word to us," Beck said.

Shanahan said coaches won't make decisions on playing time or share it with players until Wednesday. (THE WASHINGTON POST)

TV Lineup

NATIONALS (8 P.M., MASN) Will Jayson Werth stay on the upswing when the Nats visit the Cubs?

MYSTICS (7 P.M., CSN) The last-place Mystics seek a second-straight win when playing the Atlanta Dream.

PRO BASEBALL (7 P.M., MLB) The Cleveland Indians host the Detroit Tigers.

LITTLE LEAGUE (3 P.M., 6 P.M., ESPN2) The Southwest Regional semifinals are played in Waco, Texas.

WNBA (8 P.M., ESPN2) The New York Liberty hosts the Seattle Storm.

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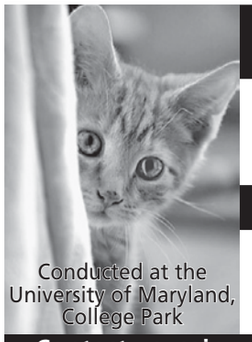

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Sports

Spotlight Burns for Strasburg

Commentary

Stephen Strasburg seems to be coming along nicely in his rehab from Tommy John surgery. He looked good Sunday, even if he did give up three hits. That was hardly surprising in his first real outing against real hitters — albeit Class A hitters — in more than a year.

He also threw 31 pitches, 25 of them for strikes, also not surprising, given his prodigious talent. The sell-out crowd, the large media contingent, the hype — that wasn't surprising, either. The only surprise was that he couldn't beat the biggest draw in Hagerstown history, the San Diego Chicken.

By Tracee Hamilton

Now, as long as he experiences no pain or swelling, he'll continue his march through the Nats' minor league system like Sherman to Atlanta, but with less destruction and more media coverage.

And along with that will come the laundry list of things the media can and can't do. We're not quite at the "don't look him directly in the eye" and "sort out the brown M&M's" stories you hear about rock stars and movie stars, but it's close.

Once Strasburg gets out of the small parks and back to the majors, the Nats need to cut the apron strings and let Strasburg deal with the real world. They aren't doing him any favors by coddling him; if they want him to be the biggest draw in town every fifth day, they need to make him a bit more accessible, or at least make him seem a bit more accessible.

Or maybe they'll just bide their time until Bryce Harper arrives in D.C. He doesn't mind attention of any sort. Strasburg must be counting the days until they're teammates, so Harper can take the spotlight and Strasburg can disappear into his cave, only to emerge every five days and — the Nats hope — give fans and the media a reason to crave more from him.

(THE WASHINGTON POST)

The Private Type

It's obvious that the Nationals are going to continue to swaddle Stephen Strasburg in cotton wool, and Strasburg is going to continue to let them, because he doesn't enjoy the media attention and he doesn't seem to enjoy the fan attention either. Teammates say that the shy pitching phenom just wants to play baseball. (TWP)

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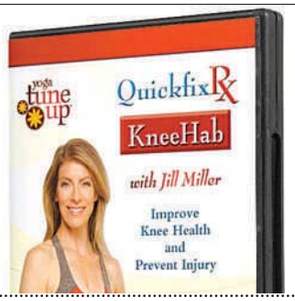

Guinea Pig | Knee Needs

Looking to get a leg up on your bum knees? Try "Yoga Tune Up Quickfix Rx: KneeHab" ($20, Yogatuneup.com), a DVD with four routines designed to prevent pain and increase strength in those injury-prone joints. Despite the name, it doesn't look much like a typical yoga practice. Instructor Jill Miller has viewers roll on small balls, perform gliding moves (using a towel on a wood floor) and sink into deep stretches while she explains the anatomical reasoning behind the routine.

PHOTOS BY ASTRID RIECKEN/TWP

Instructors Roberson Magalhaes, left, and Leonardo Lins, right, teach Zumba from a stage, but it can be tough for students in the back of the room to see what they're doing.

A Place in the Crowd

Zumba instructors struggle to figure out how to teach moves to ballooning classes

Group Exercise

If you sense something burning at the Franconia Fire Station, don't worry — it's just calories. Six days a week, Roberson Magalhaes and Leonardo Lins take over the station's bingo hall to teach Zumba, a Latin dance-based form of fitness that aims to get participants to "Ditch the Workout, Join the Party."

Maybe that slogan should really be "Ditch the Gym." That's because popular instructors are building such enormous followings that the crowds can't fit inside typical health club exercise studios. So several have started businesses to cater exclusively to the hordes of Zumba zealots, and they're finding that no matter where they set up shop, they often don't have enough space to meet demand.

Zumba doesn't require equipment, so space is the limiting factor for class sizes.

Pop your head into one of Magalhaes and Lins' classes, for instance, and you'll probably see upward of 150 people. When they launched their business, Chakaboom Fitness, Jan. 1, they expected 30 students at their first class, but 70 showed up. It's kept growing. "We knew it was going to happen, but not this fast," Magalhaes says.

Although at least a half dozen other area instructors attract similar crowds, the Zumba Fitness company isn't sure how common these regularly scheduled mega-classes are. But because no accessories are required, Zumba is one of the few fitness formats that can feasibly be taught in such big numbers. That leads to an economy of scale that the studios can pass on to clients. A Chakaboom class is only $5.

On a recent Thursday night, Lins took to the stage and asked through his mic, "How's everybody doing?"

> **"The thing I like is there are all kinds of people here. I don't have to be self-conscious."**
>
> — **CYNTHIA HAWKIN,** A CHAKABOOM FITNESS STUDENT

There's no question that 43-year-old Kathy Bryant was doing great, from the smile plastered on her face. "I don't know that I love the size. But I love the energy," she gushed. That's easy for her to say from the front row, where she can study every gyration. Further back, however, the vantage point is a problem.

Magalhaes and Lins are considering setting up TV monitors to provide better views. For now, folks who can't see the instructors follow the people in front of them. Magalhaes and Lins also often hop off the stage and work the room to give more students a closer look.

But if 33-year-old Cynthia Hawkin doesn't know exactly what to do all the time, she just makes it up. "The thing I like is there are all kinds of people here. I don't have to be self-conscious," she says. "You can do your thing and not worry about people looking at you."

Going unnoticed in class doesn't sound nearly as appealing to Kevin Burns, a spokesman for the American Council on Exercise, who worries that students lost in a crowd are more likely to get hurt. He urges newbies to stake out spots where they can see (and be seen) and to talk to the instructor before class about injuries or other concerns.

Keep yourself safe, and no one will need medical attention — except for maybe your friends. "People are sick of hearing me talk about it," says 48-year-old Vicky McVey, who credits Chakaboom with helping her lose 15 pounds. Now those are some impressive numbers.

VICKY HALLETT (EXPRESS/TWP)

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Can't Bear More Bad News

Q I know this sounds strange, but I'm always really heavily affected by news. Hearing about Amy Winehouse's death made me really sad, like I knew her, even though I wasn't a fan. Hearing about shootings and crimes makes me paranoid for days and scared to leave my house. After Hurricane Katrina, I was depressed for weeks. This can't be normal, can it? **OVERSENSITIVE**

As I wish every middle-schooler knew, "normal" doesn't matter. What's important is whether this interferes with your life, and, clearly, it does. There are many reasons you might be this way, and you don't want to get rid of all of them — they probably make you a more sensitive and thoughtful person, which is awesome.

But when reading the news starts getting in the way of your daily functioning, that's decidedly less awesome. You probably have a chronic undercurrent of anxiety that can be lessened with some cognitive-behavioral therapy. CBT would also teach you some coping techniques and ways to reframe your thoughts that will help you be less prone to the darkened moods and better able to shake them.

Whether to Go Further for Father

Q Six years ago, on my 16th birthday, my half sister got in contact with me for the first time ever and told me that my biological father was not who raised me. Sometimes I want to meet this man, but then I would have to confront my mother about this secret, and I don't know if I'm ready for that just yet. **CONFUSED**

At 22, you have a right to follow leads about your roots wherever they may lead, and although it's understandable that you want to involve your mother, it's not your absolute duty. Nonetheless, the real story might be more evasive than you expect and the details more complex than whatever was conveyed in a single phone call by a stranger six years ago.

So, the path to the truth — or some version of it — runs through your mother, if she's willing. But you must be careful not to let your emotions taint the whole endeavor and end it before it even begins. If it's easier, write her a letter and ask her whether she's amenable to having a conversation about the past. But realize that she might not be, and that's her choice. Remember, there's no right timeline here except what you're comfortable with.

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Street Trek

Swap those flip-flops for sturdier shoes Saturday morning if you're planning to join WalkArlington for Pike Hike II: Columbia Pike Town Center West. The name isn't so thrilling, but the two-mile loop, led by County Board Chairman Christopher Zimmerman, promises to offer a fascinating (and free!) tour of current development along the 200-year-old road. It starts off at 9:30 a.m. at 816 S. Walter Reed Drive. Get more details at Walkarlington.com.

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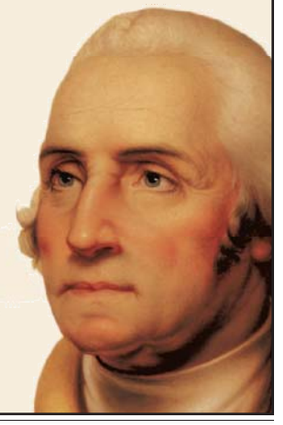

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Salad Course Gets Dressed Up

Rabbit in Arlington tosses out new ideas for the greens scene

Dining

Salads are so hot right now. So why are they always served so cold? At Rabbit, a new Arlington eatery, greens get cozy with straight-off-the-grill meats and veggies, which sets its meals apart from the typical salad bar creation in a plastic container.

Owner Aaron Gordon doesn't consider the restaurant in the same category as Sweetgreen or Chop't, because everything is cooked to order — and because the man behind the mixes is Katsuya Fukushima, an "Iron Chef America" champion who worked for Minibar, D.C.'s top kitchen for culinary creativity. But while the menu features some unusual offerings (such as grilled peaches and sliced prosciutto over arugula), don't expect any molecular gastronomy. "There are no foams on the salad," Gordon says. "No foie gras cotton candy."

NEVIN MARTELL

Gym bunnies, meet the Rabbit salad, which features carrots done three ways.

There's also no such thing as a customized salad — you must choose from Fukushima's creations ($10.50). But that won't feel limiting, even if you're watching your waistline. Consider the Rabbit, a bed of mixed greens with snow peas, sweet peas, mint and carrots done three ways — roasted, shaved and diced — topped with a carrot-top pesto and a drizzle of citrus vinaigrette. Need something more substantial post-workout? Try the Seared Tuna Niçoise, with red potatoes, olives, green beans, roasted tomatoes and egg.

The sandwiches ($8.50-$10.50), which arrive with an herb salad on the side, come stuffed with higher-calorie ingredients, such as beer-braised pork shoulder, Nutella and béchamel sauce. (Maybe that's how you persuade your not-so-health-conscious friends to join you.) The slimmest offering is the Veggielove: roasted onion and bell peppers; grilled zucchini; pickled red onions and cucumbers; romesco; and pineapple.

Wash your meal down with a Rabbit juice ($3.50), a sweet combo of freshly squeezed carrot and apple that'll get you ready to hop on out of there. **NEVIN MARTELL**

● *3035 Clarendon Blvd., Arlington; 703-243-5660, Rabbitsaladandgrill.com.*

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How Are They Doing? (Part I)

With four weeks remaining in the 2011 Get Fit Challenge, we checked in with our challengers for an update. We also asked their trainers to provide candid progress reports.

This week, we catch up with Stephen, Caren and Michael, the first-time challengers. Next week, we'll see how our returning challengers, Joy, Larry and Katie, are faring.

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"I have seen remarkable results in such a short period of time, and every week I am pushing myself to new limits! I've already tackled one health issue by lowering my blood pressure. I am more flexible - I could barely see my toes a few weeks ago, let alone touch them. I am dropping weight and pulling my belt tighter every day!"

PROUDEST MOMENT: *"My happiest experience has been getting family and friends involved in my weight loss journey. It can be hard to make personal changes but when you see other people supporting your efforts, it feels great. My proudest moments have been fitting into some shirts that were a distant memory when this Challenge began, and being able to run on the track again after years of avoiding it."*

THE TOUGHEST PART: *"Keeping up the same intensity that I have with my trainer when I'm working out on my own. But, I apply the things I've learned from Allison when I'm on my own, and I'm getting intense workouts in group classes too."*

FAVORITE CLASS OR EXERCISE: *"It's a tie…I give two thumbs up to both* BODYPUMP© *and* BODYATTACK©. *Both classes have helped me maintain my intensity and heart rate level for fat burning and toning."*

TRAINER'S TAKE: *"In these final weeks, Stephen needs to focus on staying consistent. Up until now, all of his hard work and effort have been paying off, but he has to continue to train hard, recover and then get right back into the gym without a break."* --Allison Brooks

MICHAEL

MICHAEL D'ITALIA

"I feel great! I have more energy, I'm sleeping better and overall I just feel - I don't know how else to say it - better! And going forward I feel very confident that I'll be able to keep up with all the changes I've made to my lifestyle, both the diet and exercise aspect."

PROUDEST MOMENT: *"I had to notch a new hole in my belt! Also, it's been great having friends, co-workers and even my cardiologist, remark on how much weight I've lost."*

THE TOUGHEST PART: *"Without a doubt, it's not being able to eat some of the foods I used to eat and watching other people enjoy those foods."*

FAVORITE CLASS OR EXERCISE: *"Cycle class is by far my favorite, but I've recently discovered* BODYPUMP© *and* BODYCOMBAT©*…wow! And I enjoy my sessions with my trainer, Patrick. He works me very hard, but I think he gets more out of me than I can get out of myself."*

TRAINER'S TAKE: *"Training with Michael has been a pleasure. I've been very impressed with his inspiring work ethic, determination, focus, eagerness to learn, positive attitude, and coachability - traits that are necessary for success in any endeavor." --Patrick Ocheni*

CAREN & PATRICK

CAREN GILLISON

"I feel fantastic! The weight is coming off and I can see the difference in my clothes. Sometimes I don't feel like working out, but when I get on the scale and see the results, it makes me happy and I'm glad I did. I have to get used to the fact that this is a lifestyle change, and the things I'm doing for this competition are things I'll have to do for a lifetime to continue to reach my weight loss goal and maintain it."

PROUDEST MOMENT: *"When I lost five pounds in one week!"*

THE TOUGHEST PART: *"Getting into the gym consistently. My days start early and end late, so sometimes getting to the gym is a challenge mentally. Once I get to the gym, I'm happy and I work hard, but some days I really have to battle those negative impulses."*

FAVORITE CLASS OR EXERCISE: *"I really enjoy* BODYSTEP©. *I hadn't participated in a step class in years before starting the Get Fit Challenge. So getting back into a step class has been great! I've been going every Monday night since I took the first class!"*

TRAINER'S TAKE: *"Caren has impressed me so much with her hard work. She has never quit and never intends to. I want her to stay mentally strong every day. She needs to realize that this isn't easy and not every weigh-in is going to be better than the last. I need her to focus on getting her meals in. With a very slow metabolism it's imperative that she doesn't skip meals and starve herself. She's eating the right food, but her metabolism isn't speeding up when she isn't eating frequently enough." --Patrick Maffio*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	TOTAL POINTS
JOY	167.0	165.0	-26.0	32.0
MICHAEL	236.6	234.6	-27.8	30.0
STEPHEN	342.0	332.0	-34.0	25.0
CAREN	216.0	211.5	-18.5	22.0
LARRY	352.0	352.0	-28.4	20.5
KATIE	226.0	226.0	-15.8	17.5

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The competition is heating up!

STAY AHEAD

Outlast your competition with these mental techniques designed to help performance

ISTOCKPHOTO

There's a fine line between psyching yourself up and psyching yourself out. "Mental anxiety before a performance can create adrenaline, which can be productive for some people but extremely counterproductive for others," says Steven Ungerleider, author of "Mental Training for Peak Performance." Top athletes know how to exploit their brains to ensure a competitive edge on game day. Here are their secrets. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

1 Sponge Up the Pain

During workouts, don't block out pain. "Be hyperaware of what your legs feel like and what your lungs feel like. You're collecting data about how your body operates," says Kristen Dieffenbach, a certified sports-psychology adviser to the U.S. Olympic Committee. The data will keep you surprise-free come game day.

2 Dream the Feeling

"When you daydream, you're training your neuromuscular connections — the impulses that affect muscle memory," says Ungerleider. Run a mental movie of a competition from a first-person perspective. But instead of fantasizing about coming from behind to beat your rival, focus on the physical sensations you want to achieve during competition.

3 Do Not 'Do Not'

Your brain is like a search engine, says Bobby McGee, a professional running coach and the author of "Magical Running." "If you type in 'Do not find last month's taxes,' chances are it will find last month's taxes." So when you tell yourself not to tense up, your brain accesses the program on how to tense up muscles. Instead, use affirmative self-talk and imagery focused on relaxation.

4 Feel Your Form

Overthinking is easy when you're fatigued. "The minute you try to think about what you're doing, your brain trips over itself," McGee says. Instead, rely on the neuromuscular connections you've built during training: Keep that forehand crisp by focusing on what hitting a crisp forehand feels like — not following a list of commands about how to do it.

5 Have a Plan

Always arrive at an event already knowing how you're going to spend each minute, says Jimmy Archer, a pro triathlete and coach for NYC Triathlon Consulting Services. Don't just visualize the competition — practice your pre-game routine ahead of time. "Nervousness is wasted adrenaline," Archer says. "If you can eliminate that element, you'll have more in the tank when it's time to compete." If possible, scope out the site of the competition a few days beforehand. "Familiarity helps take the edge off the anxiety," Archer says.

Dumbbells for Dummies

With a pair of weights, you'll be prepared for a total-body blast

Here's a smart dumbbell routine from certified strength and conditioning specialist Patrick Striet.

Straight-Leg Dead Lift

Using an overhand grip, hold the dumbbells in front of your thighs. Stand with your feet hip-width apart and knees slightly bent. Bend at your hips to lower your torso until it's almost parallel to the floor. Pause, and raise back up.

The Workout:

Perform the circuit four times. For the first circuit, do 12 reps of each exercise. Then do 10 reps for the second, eight for the third and six for the fourth. Rest only after each circuit; select weight and rest time based on your experience level.

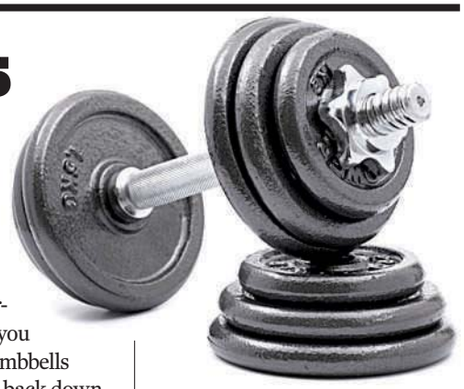
- **Beginner:** 20-30 pounds, rest 60-90 seconds
- **Intermediate:** 30-40 pounds, rest 45-60 seconds
- **Advanced:** 40-50 pounds, rest 30-45 seconds

Thrusters

Stand with your feet shoulder-width apart, holding the dumbbells next to your shoulders. Squat so your thighs are parallel to the floor. As you stand up, press the dumbbells up. Then lower them back down.

Bent-Over Row

Bend your hips and knees, and lower your torso until it's almost parallel to the floor. Bend your elbows to pull the dumbbells to the sides of your torso. Pause, and lower them.



Squat Thrust

Hold the dumbbells at your sides. Squat and kick your legs backward into a push-up position. Then return your legs to a squat, stand up and jump. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Stethoscope

ACTIVITY

The Ride of Your Life

Joining Capital Bikeshare might not just make your commute easier — it could also keep you alive. A new study published in the British Medical Journal looked at the effects of the similar Barcelona Bicing program and found that each year, it's reducing carbon emissions by 9,000 tons and saving 12 lives. (That's even factoring in the increase in cyclist fatalities.)

ADDICTION

Can't Cancel Out Cancer With Daily Multivitamin

Think taking a multivitamin is good for you? It may not be if you're a smoker. According to a study published in the journal Addiction, popping the pills seems to make smokers believe they're being shielded from the harmful effects of cigarettes. In one experiment, smokers who thought they'd taken vitamin C reported greater feelings of invincibility and went through nearly twice as many smokes as the ones who'd been told they'd taken a placebo.

WEIGHT

Chew on This Diet Idea

The key to losing weight may not be what you eat, but rather how you eat. A study published in the American Journal of Clinical Nutrition found that when subjects chewed each bite of food 40 times (instead of the typical 15), they ate 12 percent fewer calories. Extra chewing was also associated with having lower blood levels of ghrelin, an appetite-stimulating hormone. One problem, however, with making this your diet plan is that many foods aren't chewed.

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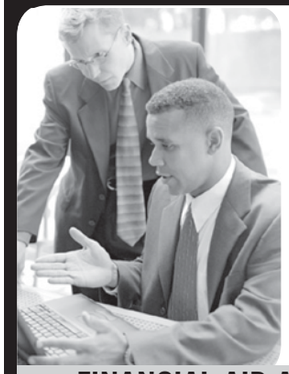

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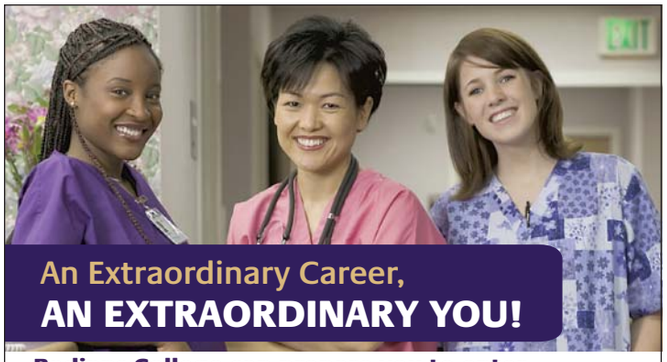

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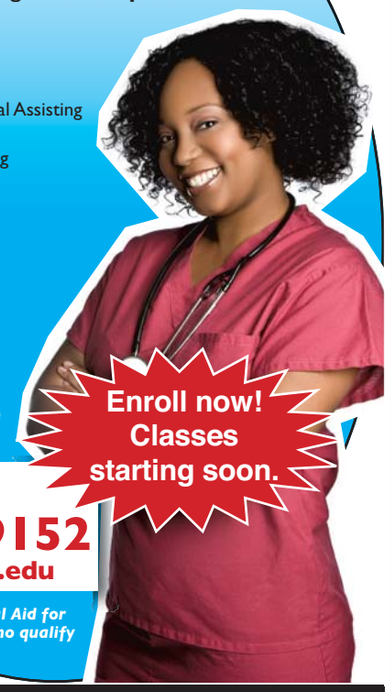

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lookout

Bad Boi, Bad Boi
OutKast rapper Big Boi is arrested in Miami on drug charges 31

Sound Bets

JON A. EVANS

On the Spotify

"Spotify is saying ownership is great, but access is the future," remarked Daniel Ek, CEO of the streaming music service that finally recently launched in the U.S.

Ek's a businessman, not Buddha, so he's not anti-materialistic. And after immersing myself in Spotify, I'm inclined to dig his Dhamma, sell my records and get all my music from the cloud.

By Christopher Porter

Spotify's catalog is impressive, even with big names such as the Beatles and Led Zeppelin missing. While my search for N.Y.C. hip-hop group New Kingdom turned up empty, I found many obscure indie acts, including gems from late-'80s Brits the Field Mice and Loop. There's a slew of comedy albums, too. (Bill Cosby was a riot once, young folks.)

A brief commercial plays every few songs in Spotify's free version, but they were only mildly obtrusive — mostly because they hyped artists unrelated to whom I was listening. As I was zoning out to the modal punk of Baltimore's Lungfish, above, my meditation was interrupted by ads for the British rapper Tinie Tempah.

But that's is a small price to pay — nothing — to have access to what feels like the entire music universe.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

Siblings in Harmony

The Band Perry finds success as a family act on the strength of its single 'If I Die Young'

Music

The three siblings in the Band Perry like to brag about how their mom used to play them Loretta Lynn records but that Dad was into the Stones. They have a thing for "the romantic" and "the grotesque." They like steampunk. They love Faulkner. They think "Lemony Snicket's a Series of Unfortunate Events" was totally underrated.

"It was too dark for kids and too childlike for adults," Reid Perry says.

Even if the Band Perry's music comes from a similar in-between space, no one would call the group underrated. In less than a year, its popularity has exploded, thanks to "If I Die Young," a stunning ballad that topped the country charts, earned a Grammy nomination and is nudging the band's self-titled debut from gold toward platinum.

They sing about leaving their hometown in the dust while longing for the comforts of home.

Equal parts sentimental and fatalistic, the song imagines the fallout of a premature death in sepia-toned melodies that have touched listeners who may have lost someone too soon. "All the stories come out of the faucet," Neil Perry says of fans' intense response to the song. "It's been really cool to be a part of these people's lives in a very personal way. I think that's what country music is."

And although the Band Perry's career seems headed up, its album is full of songs that pull in different directions. They sing about leaving their hometown in the dust while longing for the comforts of home and breaking hearts while pining for true love. Their songs feel young and old, naive and wise — all at the same time. "We walk a fine edge between the surreal and the romantic," Kimberly Perry says.

CHRIS RICHARDS (THE WASHINGTON POST)

MARVIN JOSEPH/TWP

The Band Perry, from left: siblings Neil Perry, 21, bassist; Kimberly Perry, 28, singer; and Reid Perry, 22, mandolin player.

Backstory

'The Family Band'

In 2005, the Perrys started performing together. Reid played the bass, and Neil picked up mandolin. Everybody sang. "We always knew we were gonna do the family band eventually," Reid says. "We needed a lead singer, and [Kimberly] needed a band." C.R.

● *Jiffy Lube Live, 7800 Cellar Door Drive, Bristow, Va.; with Tim McGraw and Luke Bryan; Sat., 7 p.m., $68.75-$84.45; 703-754-6400; Livenation.com.*

9 **The number of seasons** FX has renewed "It's Always Sunny in Philadelphia" through, which would make it the longest-running live-action comedy in basic cable history. The series, about slackers running a Philadelphia bar, will be back for an eighth and ninth season, with an option for a 10th season, FX says. The show's seventh season begins airing on Sept. 15. (AP)

The Dog Days Are Over

Portugal. The Man's lead singer reflects on growing up training canines for the Iditarod

Music

John Gourley, lead singer of Portugal. The Man, has one heck of a backstory.

He grew up in Alaska, the son of adventurous homesteaders and Iditarod Trail Sled Dog Race veterans, rising before dawn to feed his family's dog team. At times, he went to school with just a handful of classmates and lived a lifestyle that in no way prepared him for the rest of the world.

"It's pretty bizarre, right — that a band actually came out of there?" Gourley says. "We would watch 'Sesame Street,' people with these tall buildings living in apartments. I had no idea what that life was about."

It's been seven years since the 30-year-old Gourley and his band mates left Alaska for Portland, Ore. Only bassist Zach Carothers remains with Gourley from the original Wasilla crew, but the Last Frontier still resonates in Gourley's songwriting. The title of the band's sixth album and first for Atlantic, "In the Mountain in the Cloud," is a reference to Mount McKinley. And the group's psychedelic bent, reminiscent of the spacier sounds from the Flaming Lips and Built to Spill, recalls Alaska's open, airy vistas.

DON VANCLEAVE

Portugal. The Man singer John Gourley, second from left, grew up in Wasilla, Alaska.

How did your family get to Alaska?

My dad just left high school in '69, went to Woodstock and, after half a year of college for architecture, just took off for Alaska.

He ... found my mother along the way in the same town, in Wasilla, and found out they both came from Morrisville, N.Y., in almost the exact kind of way — just out of high school and going to Alaska. Their parents knew each other, and they knew each other's parents, but they'd never met. So just a really amazing story.

> **"We would watch 'Sesame Street,' people with these tall buildings living in apartments. I had no idea what that life was about."**

How much does dog mushing still stick with you?

I found it's really just fascinating the way it applies to the business world or what I refer to as the "real world" — because Alaska's just something different. It's just helped me understand things a lot better than I would have growing up somewhere else.

CHRIS TALBOTT (AP)

● *9:30 Club, 815 V St. NW; with Alberta Cross; Oct. 25, 7 p.m., $20; 202-265-0930, 930.com. (U St.-Cardozo)*

The Best Of Both Worlds

Zooey Deschanel will sing and act on her Fox show, 'New Girl'

Television

Singer-actress Zooey Deschanel will combine her two occupations this fall on Fox, having written and recorded the theme song to the show she will star in, "New Girl."

Deschanel

Deschanel, who is one half of folk duo She & Him, plays a newly single woman who moves in with three guys eager to meet her friends. An overly emotional sort, Deschanel's character sings whenever she is overwhelmed.

"It's just a part of how she expresses herself," Deschanel says. "They're songlets — they come spontaneously" to the character.

Deschanel says her singing will have a wide stylistic range, from jazz standards and a hefty Ethel Merman vocal style to heavy metal and "a ghoulish voice."

(BILLBOARD.COM)

"C" is for Celebrity: More than three dozen celebrities — including Nicole Kidman, Robin Williams and Supreme Court Justice Sonia Sotomayor — are set to appear on the new season of "Sesame Street." The show begins its 42nd season on PBS on Sept. 26. PBS says the focus of the preschool educational series will be on science, math and engineering education. Others set to make cameos include Sofia Vergara, Seth Rogen and Bruno Mars. (AP)

expressnightout.com FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT EXPRESSNIGHTOUT.COM/TOPSTOPS

1 The Secret Is Lucky Charms

Every summer the Renaissance hotel in Dupont Circle hosts screenings chosen by various independent film festivals — Reel Affirmations, the GI Film Festival and, this week, the Capital Irish Film Festival. Order some gourmet popcorn and enjoy "The Secret of Kells," a mystic animated movie set in the Emerald Isle. ***Renaissance Washington, DC Dupont Circle Hotel, 1143 New Hampshire Ave. NW; 7 p.m., free; 202-775-0800, Therenaissancelife.com. (Dupont Circle)***

2 Pompatus and Circumstance

We can tell you that blues rock ensemble the Steve Miller Band still has it; we can tell you that it's playing at Wolf Trap tonight; and we can tell you that "The Joker" will always be the greatest song ever written. But we cannot tell you what a "pompatus of love" is, because we don't know. Nobody knows. Seriously, is he trying to say "pamplemousse"? "Platypus"? If you go to the show, please ask him. Then call us. ***Wolf Trap, Filene Center, 1551 Trap Road, Vienna; 8 p.m., $25-$45; 877-965-3872, Wolftrap.org.***

3 The Queen's WHAT?

Queensrÿche sounds like the name of a castle in "Game of Thrones," but it's a hugely important heavy metal band that melded classic metal with more progressive rock like Pink Floyd's. It also has an umlaut in its name, so you know it's serious. ***9:30 Club, 815 V St. NW; 7 p.m., $35; 202-265-0930, 930.com. (U St.-Cardozo)***

TV tonight lookout

Best Bets

DSC 9:00

Auction Kings

Paul Brown, owner of the Atlanta auction house Gallery 63, hunts for the most unusual items in America, then beguiles bidders into paying top dollar when they go under the gavel in this reality series.

FAM 9:00

The Nine Lives of Chloe King

When you're a girl with special abilities, dating can be complicated. Alek (Benjamin Stone, left) continues to express interest in Chloe (Skyler Samuels, right) but has trouble keeping his green-eyed monster under control in the face of her interest in Brian.

TNT 9:00

Memphis Beat

As a storm pummels the city, Dwight and Whitehead are visiting a family from Whitehead's past and become trapped in the middle of a murder mystery worthy of Agatha Christie. (TRIBUNE MEDIA)

CRAZY ABOUT PIPPA

Pip, Pip, Go Away!

TLC 9:00

Pippa Middleton mania seems about as manufactured as can be. Some in the media are intoxicated with all things British, as this new special suggests. But not everyone is drinking the Marmite-flavored Kool-Aid. A recent "60 Minutes"/Vanity Fair poll revealed that 52 percent of Americans had no idea who Pippa was. And while we've long embraced U.K. trends, Pippa mania is one British invasion that may not survive the trip. (UNIVERSAL UCLICK)

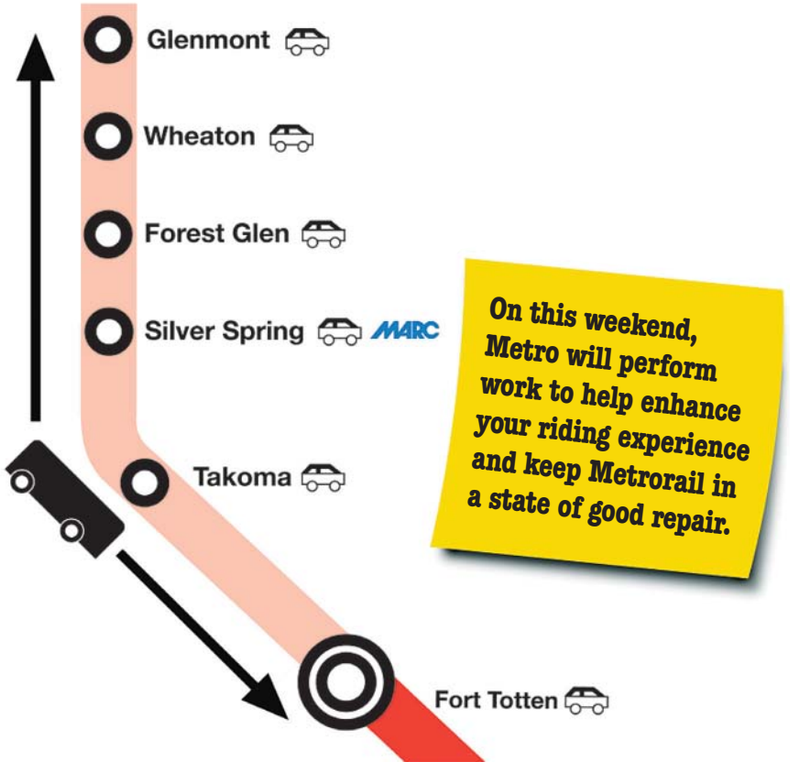
IAN GAVAN

Finales

The Transporter

On the season finale of "Covert Affairs" (10 p.m., USA), Annie (Piper Perabo, shown) persuades a Chinese scientist, Shen Yue (guest star Benedict Wong), to defect, and she's given the chance to run point on his extraction while he's in the states. (TM)

Weekend Track Work



From Friday, August 19 at 10 p.m. to Sunday, August 21 at closing: Buses replace trains on the Red Line between Glenmont and Fort Totten.

Temporarily closing stations and suspending train service is necessary while Metro replaces ties, improves rail surfaces, tests NTSB-recommended cable insulation and installs federally mandated cable for enhanced cell phone coverage.

For information on free shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

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lookout online

Poll Center

Today's Question

DO YOU THINK THE U.S. DESERVED TO HAVE IT CREDIT RATING DOWNGRADED?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

DO YOU THINK TREASURY SECRETARY TIM GEITHNER IS DOING A GOOD JOB?

"He is doing a great job protecting [himself.] He gets an F for service to the public."

COMMENTER WTF?

"Insightful people like Ron Paul have been warning about these issues for years and years. "

COMMENTER GEORGE WASHINGTON

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"For an album that is sonically more scattershot, Hov and Ye's words tell the story here — they're blunt in meaning but cut sharply when they hit your ear."

— **HUFFINGTONPOST.COM** THOUGHT JAY-Z AND KANYE WEST'S COLLABORATIVE ALBUM, "WATCH THE THRONE," RELEASED MONDAY DIGITALLY, WAS SATISFYING.

"When a major publication that prides itself on professionalism and journalistic integrity pulls this stuff, and does so regularly, it is proof that the media source has neither professionalism nor integrity."

— **QUITENORMAL.WORDPRESS.COM** THINKS NEWSWEEK WENT TOO FAR OUT OF ITS WAY TO DOCTOR A PHOTO OF MICHELE BACHMANN, MAKING HER LOOK CRAZY ON THE COVER OF THE MAGAZINE'S LATEST ISSUE.

Blog Log

"The material given to her may not have been the funniest thing we've ever heard, but she just seemed so happy to be there that the good feelings were infectious."

— **BLOG.ZAP2IT.COM/FROMINSIDETHEBOX** THOUGHT "BIG BANG THEORY" STAR KALEY CUOCO DID A GOOD JOB HOSTING THE TEEN CHOICE AWARDS ON SUNDAY NIGHT.

Women: Is Your Drinking Causing Problems?

Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.
There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

Call: 301-496-1993
TTY: 1-866-411-1010
www.clinicaltrials.gov

Study #: 10-AA-0046

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puzzles lookout

Horoscope

LEO (July 23-Aug. 22) You'll be able to teach a friend or loved one an important lesson, and you will teach by example more than anything else.

VIRGO (Aug. 23-Sept. 22) No matter what, you'll be able to cling to certain beliefs that have held you in good stead in the past. Some things never grow old.

LIBRA (Sept. 23-Oct. 22) You needn't announce everything you are about to do; indeed, there are times when you must employ the element of surprise.

SCORPIO (Oct. 23-Nov. 21) An early start gives you the advantage for a time, but if you do not keep up the pace, you may find the competition overtaking you later on.

SAGITTARIUS (Nov. 22-Dec. 21) What is routine is likely to be quite extraordinary tomorrow, so you'll want to tend to as much of it as possible right now.

CAPRICORN (Dec. 22-Jan. 19) You may feel as though someone is taking advantage of the emotional undercurrent of a certain situation.

AQUARIUS (Jan. 20-Feb. 18) You may find quite by surprise that you're expected to be in two different places at once. You must, of course, make a choice.

PISCES (Feb. 19-March 20) Someone older and wiser than you will lay down the law, but you may have certain objections that do, indeed, make sense.

ARIES (March 21-April 19) A project isn't completed simply because all the pieces are at last in place; you'll want to check and double-check your work, certainly.

TAURUS (April 20-May 20) You may work so quickly in the morning hours that you have much more time later on for your own personal affairs.

GEMINI (May 21-June 20) Someone may be treating you in such a way that you think things are not entirely on the up and up. He or she knows something you don't, surely.

CANCER (June 21-July 22) The same old thing really isn't, and you'll discover that you've actually begun a journey down a new and exciting path.

PostPoints DAILY CODE AD

Scrabble Grams

PAR SCORE 200-210, BEST SCORE 267

								RACK 1
E1	O1	M3	L1	P3	B3	R1		
							Double Word Score	RACK 2
E1	I1	T1	H4	S1	M3	C3		
							3rd Letter Triple	RACK 3
E1	E1	Y4	R1	L1	L1	D2		
								RACK 4
E1	O1	O1	L1	M3	C3	N1		

Yesterday's Solution

R1	E1	F4	E1	R1	E1	E1	RACK 1 =	61
S1	U1	B3	S1	I1	S1	T1	RACK 2 =	59
C3	U1	S1	T1	O1	D2	Y4	RACK 3 =	89
T1	O1	E1	H4	O1	L1	D2	RACK 4 =	61
PAR SCORE 190-200							TOTAL	270

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		2			3		4	
1			9			7	3	
	3			2		6		
		6					5	
			8	6	2			
	8					4		
		1		8			6	
	7	4			5			3
	6		3			2		

Yesterday's Solution

5	9	8	6	7	3	1	4	2
4	7	3	9	1	2	5	8	6
2	1	6	5	8	4	9	3	7
1	6	9	8	4	7	3	2	5
7	5	4	3	2	6	8	1	9
8	3	2	1	9	5	7	6	4
6	4	5	7	3	8	2	9	1
3	2	1	4	5	9	6	7	8
9	8	7	2	6	1	4	5	3

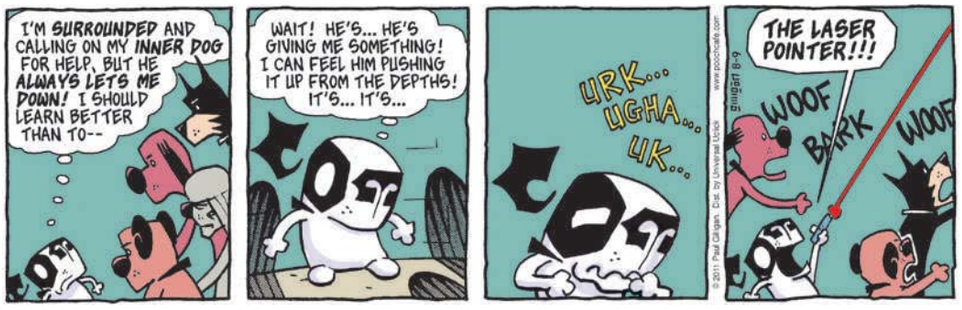
Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

92 | 71

Today: A strong thunderstorm today. A couple of thunderstorms tonight.

90 | 68

Tomorrow: Hot and humid tomorrow with a thunderstorm. Clear tomorrow night.

Looking Ahead

THU	FRI	SAT
85 | 65	85 | 67	85 | 71

Sun and Moon
Sunrise today: 6:16 a.m.
Sunset today: 8:11 p.m.
Moonrise today: 5:17 p.m.
Moonset today: 2:01 a.m.

Almanac
Normal high: 88
Record high: 102
Normal low: 70
Record low: 54

FORECAST BY ACCUWEATHER.COM ©2011

Healthy Volunteers Needed

The National Institutes of Health (NIH) is seeking healthy female volunteers to compare to other women we have studied with a sleep disorder called narcolepsy.

You may be eligible to participate if you:

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The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland.
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se habla español
Or go online, clinicaltrials.gov
Search for study: 06-DK-0079

National Institute of Diabetes & Digestive & Kidney Diseases

The Capitol Deal

Today's Deal

dish deals

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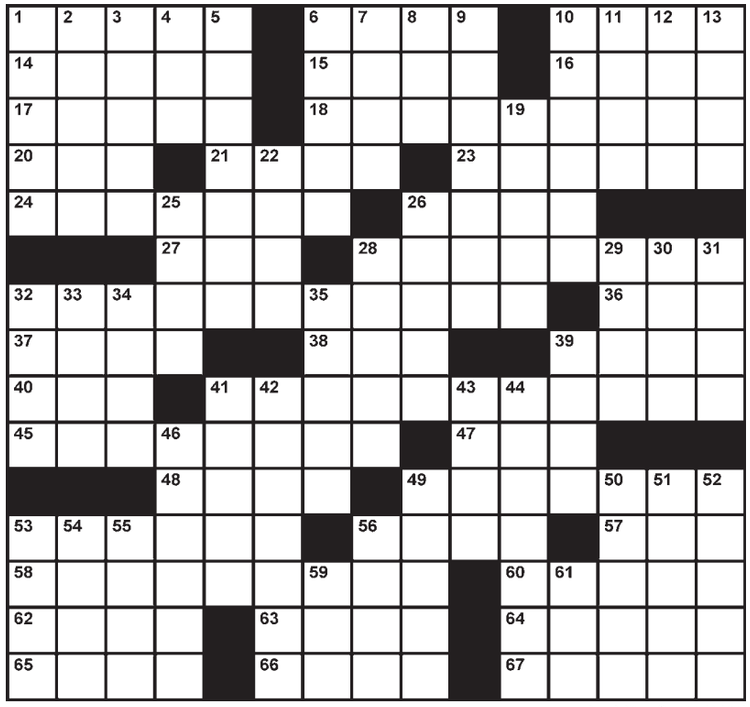
lookout puzzles

Crossword

MY MUSSELS ACHE



EDITED BY TIMOTHY E. PARKER

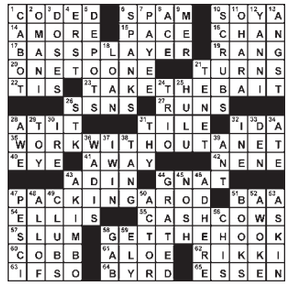
ACROSS

1 Stuff on a palette
6 Open-mouthed
10 Pierce
14 Church dignitary
15 Anjou or Comice
16 Appetizer in Barcelona
17 "I was at a movie when it happened," e.g.
18 Bugs' groomer?
20 Zodiac beast
21 Low poker hand
23 Orange containers
24 Hieroglyphs
26 "A New Day Has Come" singer Celine
27 Near-Miss. state?
28 Mom and dad's dads, e.g.
32 AWOL wildcat?
36 Took in a hero
37 Brickell or Sedgwick
38 Actress Dawn Chong
39 Building spot
40 Thanksgiving dinner request
41 Wildebeest corral?
45 Hissy fits
47 Santa's trailer?
48 Heavenly instrument
49 Grad student's payment
53 Clue for half of these clues
56 Cardinal point
57 Caviar, literally
58 Pest with a sore throat?
60 Witless
62 Frigg's spouse
63 Actor's ambition
64 Illustrious
65 Desires
66 Wine connoisseur's concern
67 Total paycheck

DOWN

1 Bell tower emanations
2 Stray cat's hangout
3 "Piece of cake," e.g.
4 Bird's beak
5 Libyan capital
6 Garden sucker genus
7 First, second or third, in a car
8 Bireme propellant
9 Like Keats' urn
10 Hair unit
11 Not slack
12 Cathedral recess
13 Words from Scrooge
19 The Yankees swing here (with "the")
22 Dershowitz or Page
25 Air Force facility
26 Clothesline alternative
28 Half-full or half-empty item
29 Word on a receipt
30 Westernmost Aleutian island
31 Trickle
32 Cheese or tuna concoction
33 Scheme
34 20-A, for one
35 Cranky complainer
39 Break sharply
41 Central Park feature
42 Horticulturist's hangout
43 Feed bag bits
44 Joining forces
46 Brambles' protection
49 "Nay" or "sooth" follower
50 Muse of lyric poetry
51 Ninth day before the ides
52 Scout's good works
53 Call to a mate
54 A spy may crack it
55 Farmers look for it
56 Jazz singer Fitzgerald
59 Enemy
61 "... a borrower ___ a lender be"

Yesterday's Solution



Today in History

1945 Three days after the atomic bombing of Hiroshima, Japan, the U.S. explodes a nuclear device over Nagasaki, killing an estimated 74,000 people.

1974 President Richard Nixon and his family leave the White House as his resignation takes effect

2001 President George W. Bush approves federal funding for only existing lines of embryonic stem cells.

express CAC

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people lookout

REPRODUCTIONS

Now With More Children Than Successful Movies

Ethan Hawke and his wife, Ryan Shawhughes, welcomed their second child together two weeks ago, People magazine reports. Hawke's new baby girl, Indiana, is the fourth child for the actor/writer, who also has two children with ex-wife Uma Thurman: Maya, 13, and Levon, 9. Ethan, 40, and Ryan married in June 2008. Their daughter Clementine Jane is now 3. (EXPRESS)

ARRESTS

So Fresh, Not So Clean

Police say a K-9 dog smelled drugs on Grammy-winning OutKast rapper Big Boi as he was getting off a cruise ship in Miami. A warrant from Sunday's arrest says customs agents patted down the 36-year-old rapper, whose real name is Antwan Patton, and found Ecstasy and Viagra pills, and a cigarette roller with marijuana residue. Big Boi was charged with three counts of possession of a controlled substance and one count of possession of drug paraphernalia. (AP)

AP

Drugs

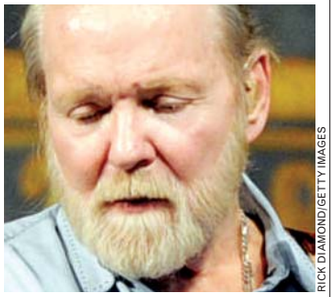
Like if Jon Hamm Ran an Ad Firm

Felicia "Snoop" Pearson, who played a Baltimore drug gang assassin on HBO's "The Wire," pleaded guilty Monday to conspiring to distribute heroin, caught by a wiretap in a joint federal-state drug probe of an alleged drug gang. (AP)

AILMENTS

'Ramblin' Man' Puts a Hold On His Traveling Ways

Rock legend Gregg Allman has canceled tour dates from Aug. 26 to Sept. 15 because of a persistent illness. Allman's publicist says the 63-year-old has an "upper respiratory condition" that will require hospitalization and four to six weeks of bed rest. Allman plans to reschedule the dates, hoping he'll return to the road this fall. (AP)



RICK DIAMOND/GETTY IMAGES

Greg Allman underwent a successful liver transplant just last year.

"I walk through the hotel and I walk down the street, and people look at me like I'm [expletive] insane, like I'm Hitler. One day the light will shine through and one day people will understand everything I ever did."

—KANYE WEST, DURING A SHOW AT ENGLAND'S BIG CHILL MUSIC FESTIVAL ON SATURDAY, WHERE HE RANTED ABOUT BEING MISUNDERSTOOD AND UNDERAPPRECIATED.

MELTDOWNS

Actress' CGI Double Leads To Angst, Existential Crisis

Actress Zoe Saldana says she nearly had a mental breakdown after the success of her 2009 film "Avatar." "The year after 'Avatar' was just emotionally overwhelming," she tells Latina magazine. "I was traveling all over the world, waking up in different time zones. Your body gets exhausted, and by the end of the year I just collapsed." (EXPRESS)

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